



THERE'S PLENTY OF FISH IN OUR SEA!

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Name: Dean Klebonas

Recipe Title: Crab Stuffed Artichoke

Recipe Ingredients:

- Artichoke
- 3 cups Seasoned Italian Breadcrumbs
- 1 cup Olive Oil
- 1 tbsp Garlic Powder
- 5 tbsp Grated Parmesan Cheese
- Imitation Crab Meat
- Parsley
- Salt
- Pepper
- Paprika
- Ketchup
- Horseradish

Recipe Instructions

1. Rinse the Artichoke, cut the tips off of each leaf and cut the stem off the bottom to create a flat surface. Using a spoon, scoop out the middle of the Artichoke without breaking into the heart.
2. Mix Seasoned Italian Breadcrumbs, Garlic Powder, Grated Parmesan Cheese, Salt, Pepper and Olive Oil in a bowl until evenly mixed.

3. Grind up Imitation Crab Meat up into the smallest possible pieces and add to mixture.
4. Stuff each outside leaf with mixture. Also stuff the hollow inside and add to the top to make it an even top. Sprinkle some more Olive Oil if breadcrumbs are too loose. Dash some Salt, Pepper, and Paprika on top.
5. Put enough Water in a pot to cover the heart of the Artichoke than place the Artichoke in and cover.
6. Cook on a low to medium flame for 2 hours. Check and add water as needed.
7. Place in a bowl-like plate. Mix the Ketchup and Horseradish to make Cocktail sauce. Add the Cocktail sauce to the side of the place and a little on top of the Artichoke. Garnish with some Imitation Crab Meat and Parsley.